

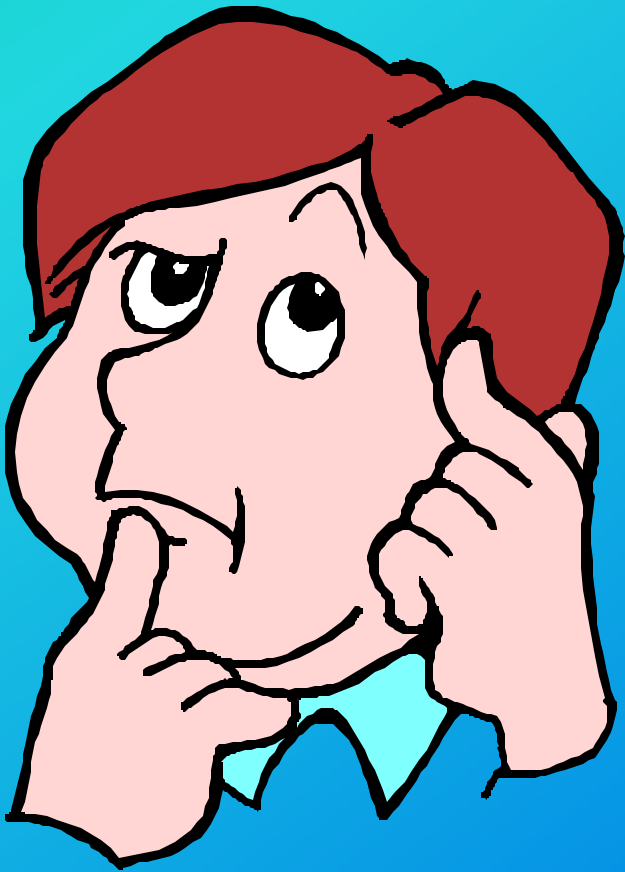
**BAG IT!**

**TRAVEL AND TRAINING;**

**TAKE IT WITH YOU!**

- It's easy to lapse from your regular diet plan and exercise routine when you are away from home.
- Traveling provides the opportunity to try new foods, upset your sleeping schedule, and becomes less active than their usual daily habits.
- Although frequent traveling may be exciting to some, or to others time consuming, it can lead to days of upset stomachs, extreme fatigue, or other health problems if exercise is not included.





- Many people find it easy to use the excuse that they have no time and/or way to exercise while away from their home, gym, and normal routine.
- **TRUTH:** It **IS** possible to keep up with your workouts while away from home without paying to visit a gym!
- **HOW?:** Be creative! We have some tips to help you.

- **The first thing to keep in mind while on the road is to DRINK PLENTY OF WATER!**
- **This will help:**
  - keep you well hydrated and more alert
  - sustain your energy levels
  - prevent dark circles under your eyes
  - Keep you from over- eating
- **The only downside may be more bathroom breaks.**



- **Secondly, bring some healthy snacks with you.**
- **Depending on where you travel, food prices and selections can differ enormously.**
- **Having something healthy to eat will not only make you feel better but it can save you from making that fast-food stop once you arrive or along the way!**



# TIME MATTERS!



- **Try to stick to your usual schedule:**
  - Go to bed at the same time as you normally would
  - Try to eat your meals at regular times
- **This will help minimize the psychological and physical stressors of traveling.**

# Going From Here to There

- **Most of our travel time consists of sitting.**
  - **Car/Bus**
  - **Plane**
  - **Meetings**
- **Too many of us spend too much time seated. If possible, you would feel better if you could get up and stretch every hour or so.**





# Exercises While Seated

- However, there are means in which to stretch and strengthen the lower body while seated (whether on a plane, in a car, or even discreetly at a long and tiresome meeting)



- Key things to remember:

- Never force a stretch !

- You may feel tension but should never feel pain !

- Always stretch slowly and carefully.

- Hold only a stretch that feels good; never bounce while stretching.





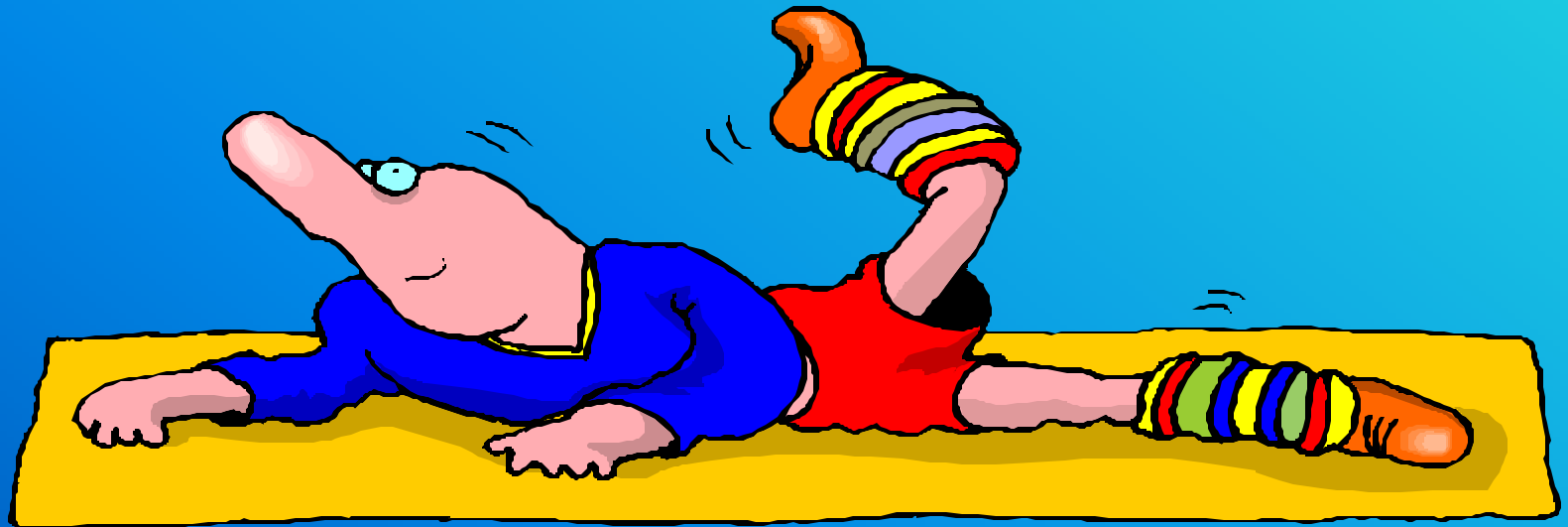
# Examples of Exercises While Seated

1. While seated, slowly point your toes forward and away from your body until you feel a slight pull. Hold for 20- 30 seconds.
2. Slowly rotate your feet clockwise several times and then alternate to a counter-clockwise rotation.
3. Rest your heels on the floor; pull your feet toward your body and hold 20- 30 seconds. (Not recommended on carpeted floors!)
4. Using one leg at a time, extend one leg and then slowly drag your heel in toward your body. If using concentration, this is a good exercise for your hamstrings. Repeat 15- 20 times and then switch legs.

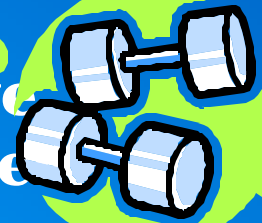


# Exercises While Seated (cont.)

5. Trace the alphabet and numbers with your feet.
6. Hold one leg straight out in front of you and hold for 20- 30 seconds. You can lower your leg sooner if it begins to shake. Build strength and muscular endurance. When you are ready, try both legs at a time. Try to repeat either every other leg or both legs for 3- 5 sets of 20- 30 seconds.



# Take Your Gym With You !



- There are many new and exciting innovative ways to pack all the gym equipment you need and take it with you when you travel.

- TheraBands weigh less than  $\frac{1}{4}$  of a pound, can fit in your pocket, and can also provide you with a total body workout!

- What is a “TheraBand?” Ask a Fitness Center employee!



- **First, find the TheraBand that is right for you.**
- **You can use various colors for different levels and/or exercises.**

<b>THERABAND COLOR</b>	<b>THERABAND THICKNESS</b>	<b>COMPARISON: pounds of pull needed to stretch a 12" band length to 24"</b>
<b>YELLOW</b>	Thin	2.5 lb
<b>RED</b>	Medium	4.5 lb
<b>GREEN</b>	Heavy	5.0 lb
<b>BLUE</b>	Extra Heavy	7.5 lb
<b>BLACK</b>	Special Heavy	9.0 lb
<b>SILVER</b>	Super Heavy	15.0 lb

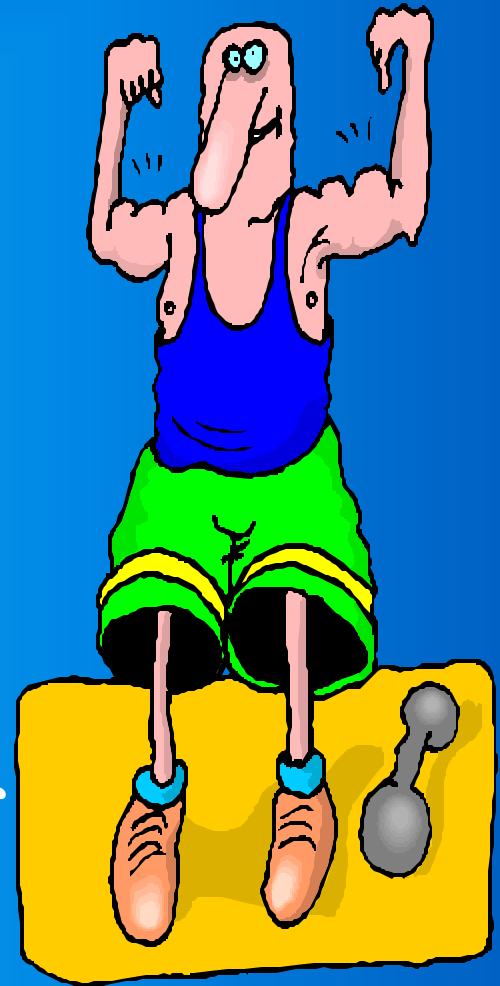
# Where do I Start?



1. **Start with a TheraBand of comfortable resistance**
  - As you use the band, your muscular strength and endurance should improve
  - i.e. The exercises will become less challenging and easier to accomplish
2. **When you are ready, move to a more challenging / more resistant TheraBand**
  - i.e. Move from red to green, or blue to black
  - This will make the exercises more intense

# Why Use TheraBands?

- The use of TheraBands can improve:
  - Muscular strength
  - Muscular endurance
  - The cooperation of muscle groups
- TheraBand's properties allow it to be stretched and relaxed in a smooth and consistent manner
  - This helps to prevent any bouncing at the end of Range of Motion exercises and can therefore prevent spasms



# TheraBand Guidelines

Keep the following in mind when exercising:

DO	DON'T
Warm up the muscle groups before exercising.	Don't use body oil with the TheraBand.
Maintain good posture. Keep your wrists straight and in line with your elbows.	Don't bend your wrists. If you start to lose your posture, stop and reposition yourself.
Breathe normally. Exhale during the most difficult phase and inhale during the easiest.	Don't hold your breath.
Use controlled movements.	Don't continue exercising if anything hurts while you are training.
Maintain the natural width of the band to keep it from digging into your hands or sliding up your legs.	
When you finish your workout, stretch.	

# SHOULDER PRESS

- **Stand or sit on TheraBand**
  - can use floor or chair when seated
- **Begin with:**
  - elbows at ear level
  - arms at 90°
  - palms facing forward
  - knuckles facing the ceiling
- **Slowly exhale and push hands up and over your head in an arching pattern**
  - Use a 2 up, 2 down count
- **Inhale and slowly bring arms back to starting position and repeat**
- **15- 20 reps x 1- 3 sets**



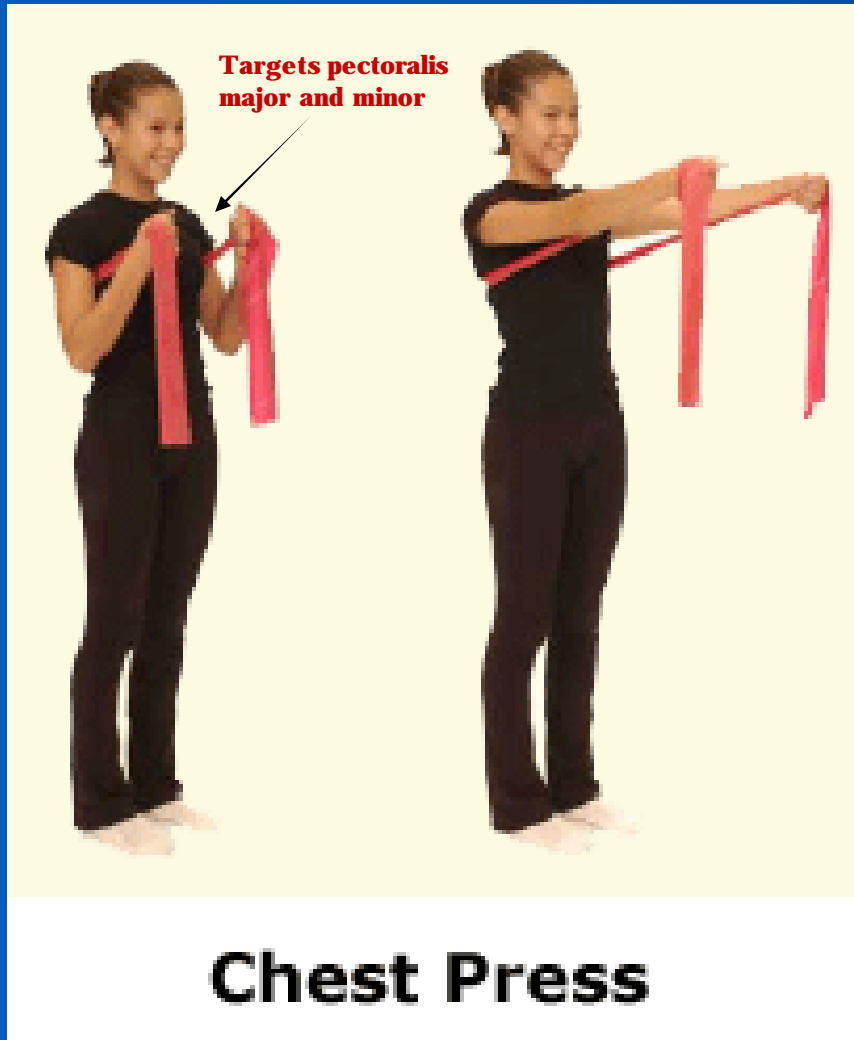
[www.torq.ltd.uk/exercise\\_disp.asp?exerciseid=4](http://www.torq.ltd.uk/exercise_disp.asp?exerciseid=4)



[www.bradwadlow.com/staying\\_fit\\_at\\_home.htm](http://www.bradwadlow.com/staying_fit_at_home.htm)

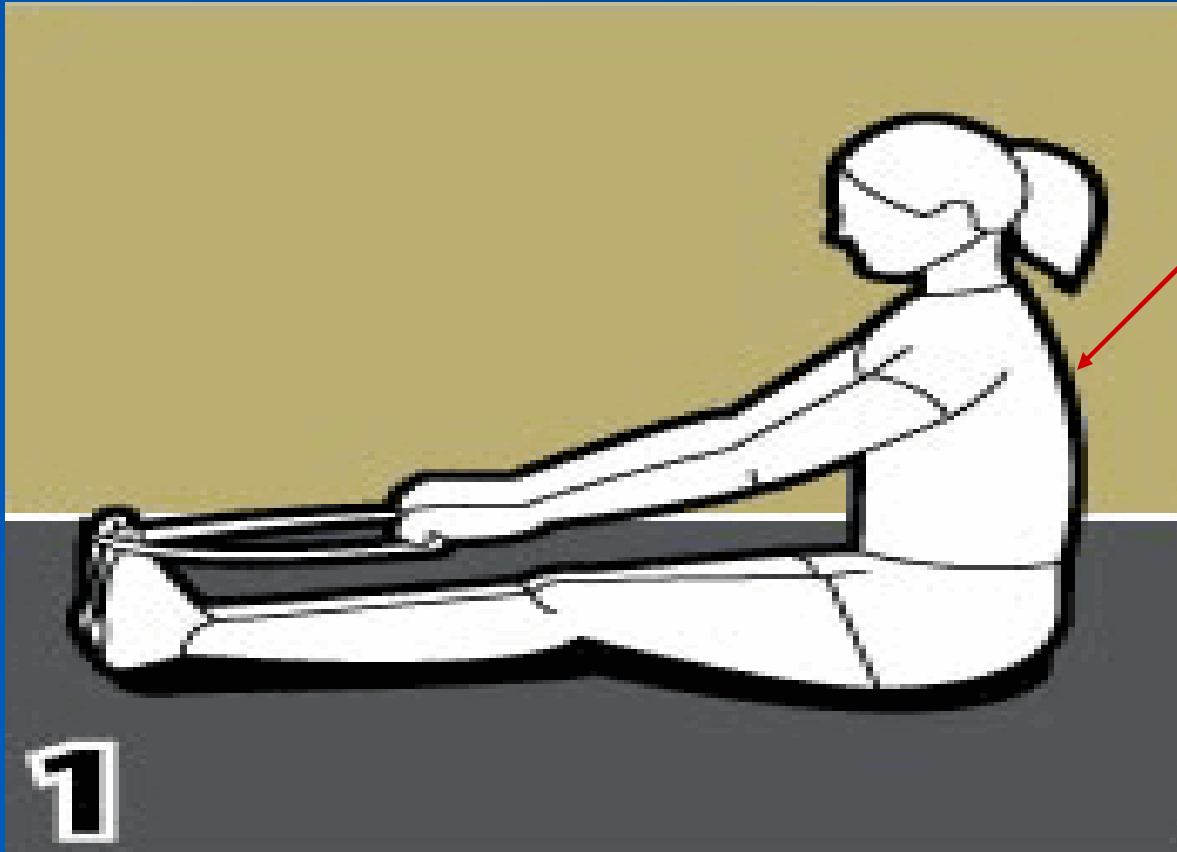


# CHEST PRESS



- **Wrap TheraBand once around your back so that it opens in the front of your body**
- **Grab the TheraBand somewhere close to your body and wrap once around your hands for support**
- **Keeping arms at a level plane, (parallel to the floor), slowly exhale and push forward, palms facing each other or down**
- **Push forward for a 4 count and relax arms back to starting position for 2 counts and repeat**
- **15- 20 reps x 1- 3 sets**

# SEATED BACK ROW

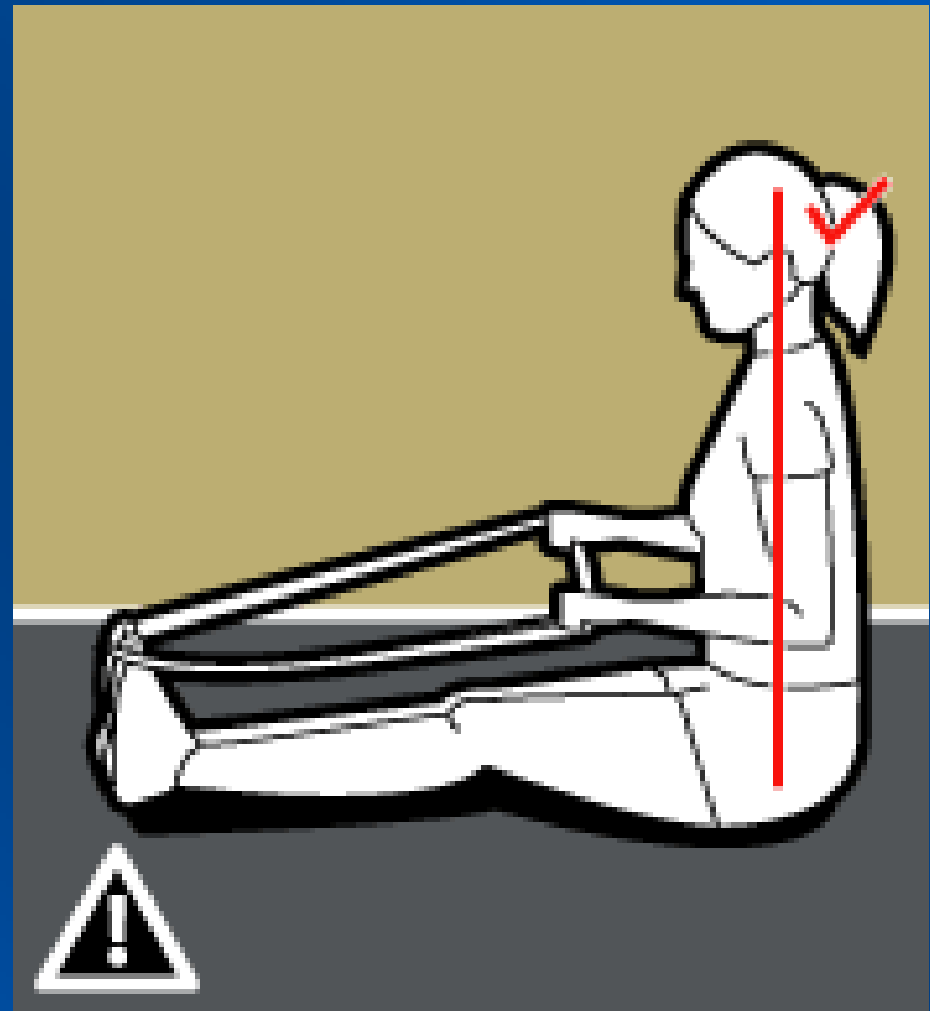


[www.health24.com/.../16-1339-1341,20014.asp](http://www.health24.com/.../16-1339-1341,20014.asp)

- **Targets middle back (rhomboids, teres major and minor)**
- **Sit on flat surface with legs straight out in front of you, the TheraBand wrapped around your feet**
- **Keep your back upright at all times!**

# SEATED BACK ROW cont.

- **Slowly exhale and squeeze your shoulder blades together (as if you are shrugging backwards)**
- **At the same time, slowly bring your elbows back until your hands are almost touching your sides**



# BICEP CURL



- Use one foot to stand on and secure TheraBand
- Grasp band toward the end and wrap around hands once or twice if more resistance is desired.
- With palms facing up and elbows pulled back behind the midline of the body, slowly curl your arms toward your shoulders as you exhale
- Keep your wrists straight and elbows stationary behind the midline of the body! (not shown)
- Inhale as you return your arms to starting position
- 15- 20 reps x 1=3 sets
- Targets biceps (upper arm)

# STANDING TRICEP EXTENSION



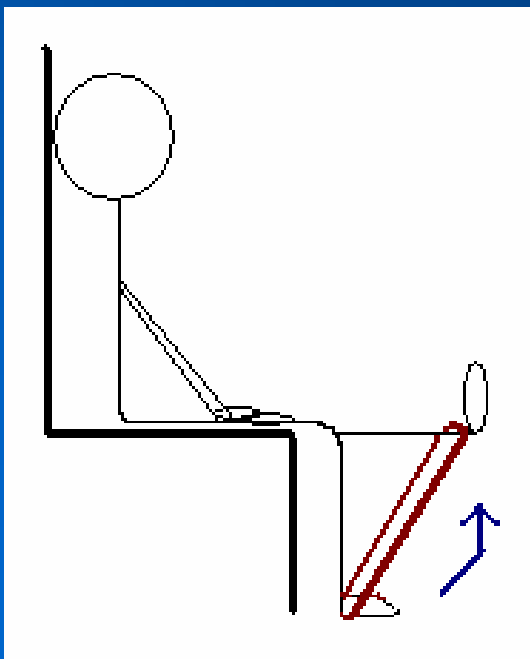
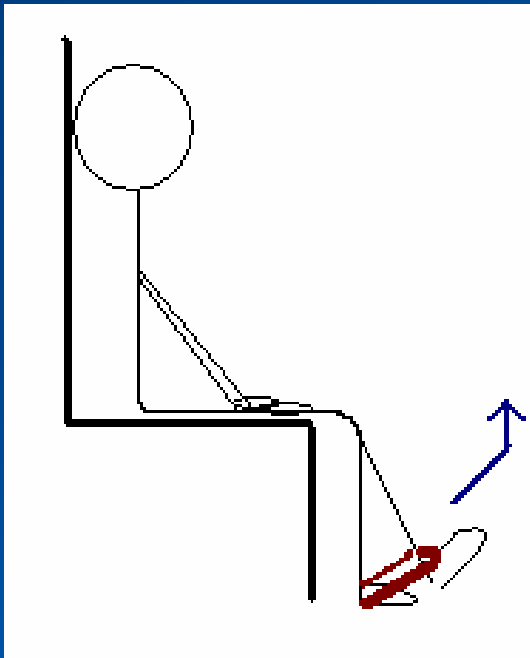
- Firmly tie one end of TheraBand to either a door/dresser handle or something at about hip level
- Stand with left foot slightly ahead of the right (lunge position) and place left hand on left thigh for support
- Grab end of TheraBand with right hand
- Keeping right elbow next to right hip, and as you exhale, slowly extend the right forearm straight back until tricep (back of the arm) contracts
- Inhale as you slowly bring arm back to starting position
- 15- 20 reps x 1- 3 sets
- Repeat with other arm
- Targets triceps

# LAT PULL DOWN

- This exercise can be performed either sitting or standing
- Grab TheraBand overtop of your head, one arm straight up by your ear, the other slightly bent (palms facing forward!)
- Slowly exhale and pull bent arm downward to the floor until band tightens
- Relax and bring back to starting position.
- This can also be done with both arms at a time (starting position is both arms straight up and by ears) Pull down in front of the chest – NOT BEHIND THE NECK!
- 15- 20 reps x 1- 3 sets
- Targets Latissimus Dorsi



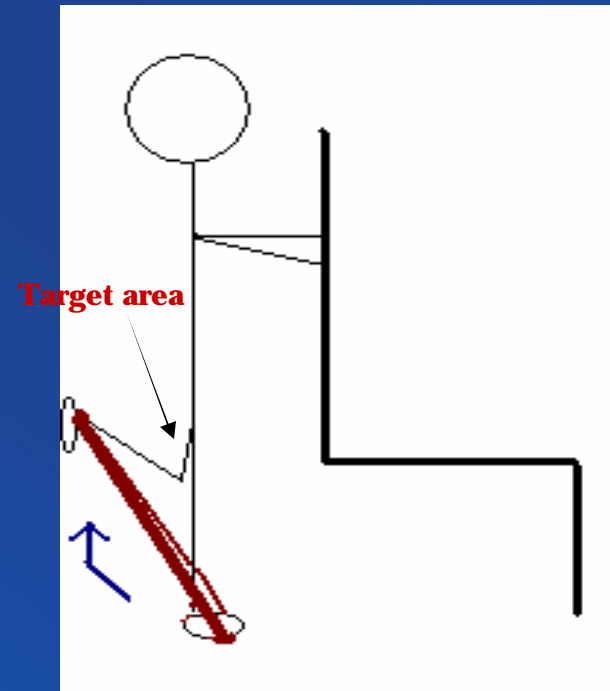
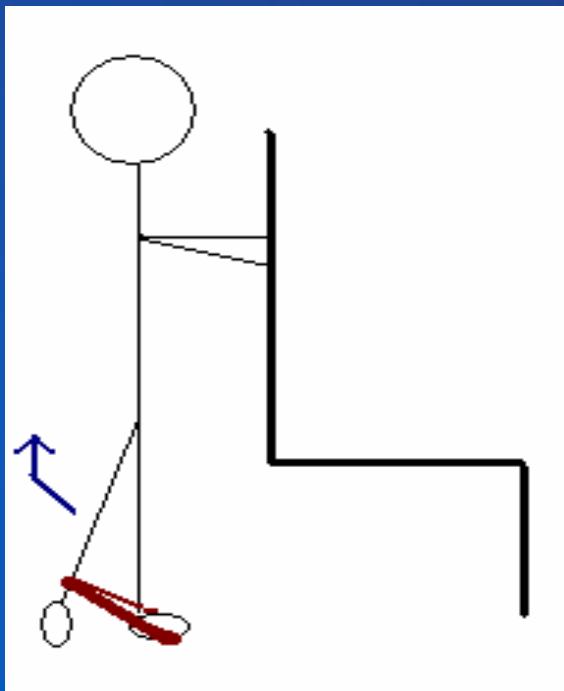
# SEATED LEG EXTENSION



- Tie a semi- loose knot in the TheraBand, making a continuous oval or circle.
- Wrap one portion of the band beneath the arch of one foot.
- Bring the other side of the band around the ankle of the other leg
- While seated tall, back straight, slowly extend the leg hosting the TheraBand around the ankle.
- Keep your foot flexed! (Toe toward nose)
- Exhale and slowly raise your leg to the knee level of the opposite leg until the quadriceps (thigh) contracts.
- Bring your leg slowly back to starting position and repeat.
- 15- 20 reps x 1- 3 sets
- Repeat on other side
- Targets quadriceps

# HAMSTRING CURL

- Tie a semi-loose knot in the TheraBand, making a continuous oval or circle.
  - Wrap one portion of the band beneath the arch of one foot.
  - Bring the other side of the band around the ankle of the other leg
  - Stand tall using something steady for balance
  - Exhale and slowly curl the leg hosting the TheraBand toward your glutes. Keep your foot flexed (Toe toward nose).
  - Slowly bring your leg back to starting position and repeat.
- 
- 15- 20 reps x 1-3 sets
  - Repeat on other side
  - Targets hamstrings







- **TheraBands offer a variety of resistive exercises geared for muscular toning and strength.**
- **TheraBands are a great way to bag your workout and take it with you when you travel!**
- **Because TheraBands are easy to carry and work with, there is no excuse that travel keeps you from exercising.**
- **Remember, exercise is important for your overall health and daily functional fitness!**
- **Exercise is a great way to relieve stress!**
- **Stay fit; stay young. You're as young as you feel. Make yourself feel younger!**

